

## Wilkes County (Cont.)

### Activities:

- Evaluate all resources within the community that are currently involved in affecting the chronic disease issue.
- Advise and assist five of the largest employers in Wilkes County to survey the chronic disease risk factor status of their employees and initiate or expand screening, wellness, and educational campaigns that will promote healthy lifestyles.
- Assist the same industries' employees in obtaining local primary care providers so that identified chronic disease risk factors can be followed and treated, and examination-based health screening such as Pap smears can be performed as part of regular health maintenance evaluations.
- Form a coalition core group from the Chronic Disease Subcommittee to work with the Southern Appalachian Leadership Initiative on Cancer (SALIC).
- Involve community organizations, minority groups, schools, media, etc. to assist with public education.
- Provide educational materials appropriate to the targeted populations.

### Substance Abuse

#### Targets:

- The number of students in grades 6-9 who smoke regularly (2 or more cigarettes per day) will be reduced by 25%, as measured by a self-report survey.
- The number of male students in grades 6-9 who use smokeless tobacco products will be reduced by 50%, as measured by a self-report survey.
- The number of students in grades 6-9 who have used illegal drugs within the past month will be reduced by 50%, as measured by a self-report survey.
- The number of students in grades 6-9 who have consumed alcohol within the past month will be reduced by 50%, as measured by a self-report survey.
- The number of pregnant women who smoke, drink alcohol, or use illegal drugs during pregnancy will be reduced by 50%, as measured by self-report surveys and prenatal doctor examinations.

#### Activities:

- Develop student surveys.
- Obtain administrative support for the surveys.
- Conduct meeting/training sessions with health teachers, grades 6-9.
- Administer surveys and analyze data.
- Correlate data with prevention/intervention curriculum in schools.
- Publicize results to media, parents, students, and law enforcement.
- Solicit support from law enforcement for monitoring and enforcement of existing restrictions on sale of alcohol and tobacco products to minors.
- Continue to support drug-free/tobacco-free schools and work places.
- Continue to support Wilkes County's smoking control rules.
- Provide self-help materials and appropriate resource services in participating agencies.
- Support Project Assist and prenatal substance abuse program in providing smoking cessation and prevention education to pregnant women.